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I claim:

1. A kit for treating hot flashes associated with menopause in a woman comprising:

at least one cooling device; and

instructions for using the at least one cooling device to treat one or more symptoms of a hot flash, the instructions including directions to place the at least one cooling device at a location on the back of the woman who is experiencing a hot flash or who is prone to experiencing a hot flash.

2. The kit of claim 1, comprising a plurality of cooling devices.

3. The kit of claim 1, wherein the at least one cooling device is an adhesive patch.

4. The kit of claim 3, wherein the adhesive patch comprises a water-containing gel coupled to a gas-permeable substrate.

5. The kit of claim 4, wherein the gas-permeable substrate comprises a plurality of fibers.

6. The kit of claim 4, wherein the water containing gel comprises a polyacrylic acid component.

7. The kit of claim 4, wherein the adhesive patch comprises one or more strips located at least partially around the water containing gel, the one or more strips being substantially free of the water-containing gel.

8. The kit of claim 7, wherein the one or more strips include one or more adhesive portions effective in adhering the patch to the skin of the woman.

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9. The kit of claim 1, wherein the at least one cooling device is free of a pharmaceutical agent.

10. The kit of claim 1, wherein the instructions include directions to apply the at least one cooling device within the first five minutes of feeling a hot flash.

11. The kit of claim 1, wherein the instructions include direction to apply the at least one cooling device to a location between the shoulder blades of the woman.

12. The kit of claim 1, wherein the instructions include directions to apply the at least one cooling device to a region located between the C3 vertebrae and the T6 vertebrae.

13. The kit of claim 1, further comprising a sealed package, the at least one cooling device provided in the sealed package.

14. A method of treating hot flashes associated with menopause in a woman, comprising:  
providing at least one cooling device; and  
instructing a woman to place the at least one cooling device at a location on the back of the woman who is experiencing a hot flash or is prone to experiencing hot flashes.

15. The method of claim 14, comprising providing a plurality of cooling devices.

16. The method of claim 14, wherein the at least one cooling device is an adhesive patch.

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16. The method of claim 16, wherein the adhesive patch comprises a water-containing gel coupled to a gas-permeable substrate.

18. The method of claim 17, wherein the gas-permeable substrate comprises a plurality of fibers.

19. The method of claim 17, wherein the water containing gel comprises a polyacrylic acid component.

20. The method of claim 17, wherein the adhesive patch comprises one or more strips located at least partially around the water containing gel, the strips being substantially free of the water-containing gel.

21. The method of claim 20, wherein the one or more strips include one or more adhesive portions effective in adhering the patch to the skin of the woman.

22. The method of claim 14, wherein the at least one cooling device is free of a pharmaceutical agent.

23. The method of claim 14, comprising instructing the woman to apply the at least one cooling device within the first five minutes of feeling a hot flash.

24. The method of claim 14, comprising instructing the woman to apply the at least one cooling device at a location between the shoulder blades of the woman.

25. The method of claim 14, comprising instructing the woman to apply the at least one cooling device to a region located between the C3 vertebrae and the T6 vertebrae.

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26. The method of claim 14, further comprising a instructing the woman to remove the patch after the hot flash has subsided.

27. A kit for treating hot flashes associated with menopause in a woman comprising:

at least one cooling device; and  
instructions for using the at least one cooling device to treat one or more symptoms of a hot flash, the instructions including directions to place the at least one cooling device at a hot flash origin site of the woman who is experiencing a hot flash or who is prone to experiencing a hot flash.

28. The kit of claim 27, wherein the hot flash origin site is a location selected from the group consisting of the stomach, the neck, an elbow region of an arm, or the back.

29. The kit of claim 28, wherein the elbow region location is located on the inner arm of the woman.

30. The kit of claim 27, wherein the instructions include directions to place the at least one cooling device at the hot flash origin site within about 5 minutes of experiencing a hot flash.

31. A method of treating hot flashes associated with menopause in a woman, comprising:

providing at least one cooling device; and  
instructing a woman to place the at least one cooling device at a hot flash origin site of the woman who is experiencing a hot flash or is prone to experiencing hot flashes.

32. The method of claim 31, wherein the hot flash origin site is a location selected from the group consisting

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of the stomach, the neck, an elbow region of an arm, or the back.

33. The method of claim 32, wherein the elbow region location is located on the inner arm of the woman.

34. The method of claim 31, comprising instructing the woman to place the at least one cooling device at the hot flash origin site within about 5 minutes of experiencing a hot flash.